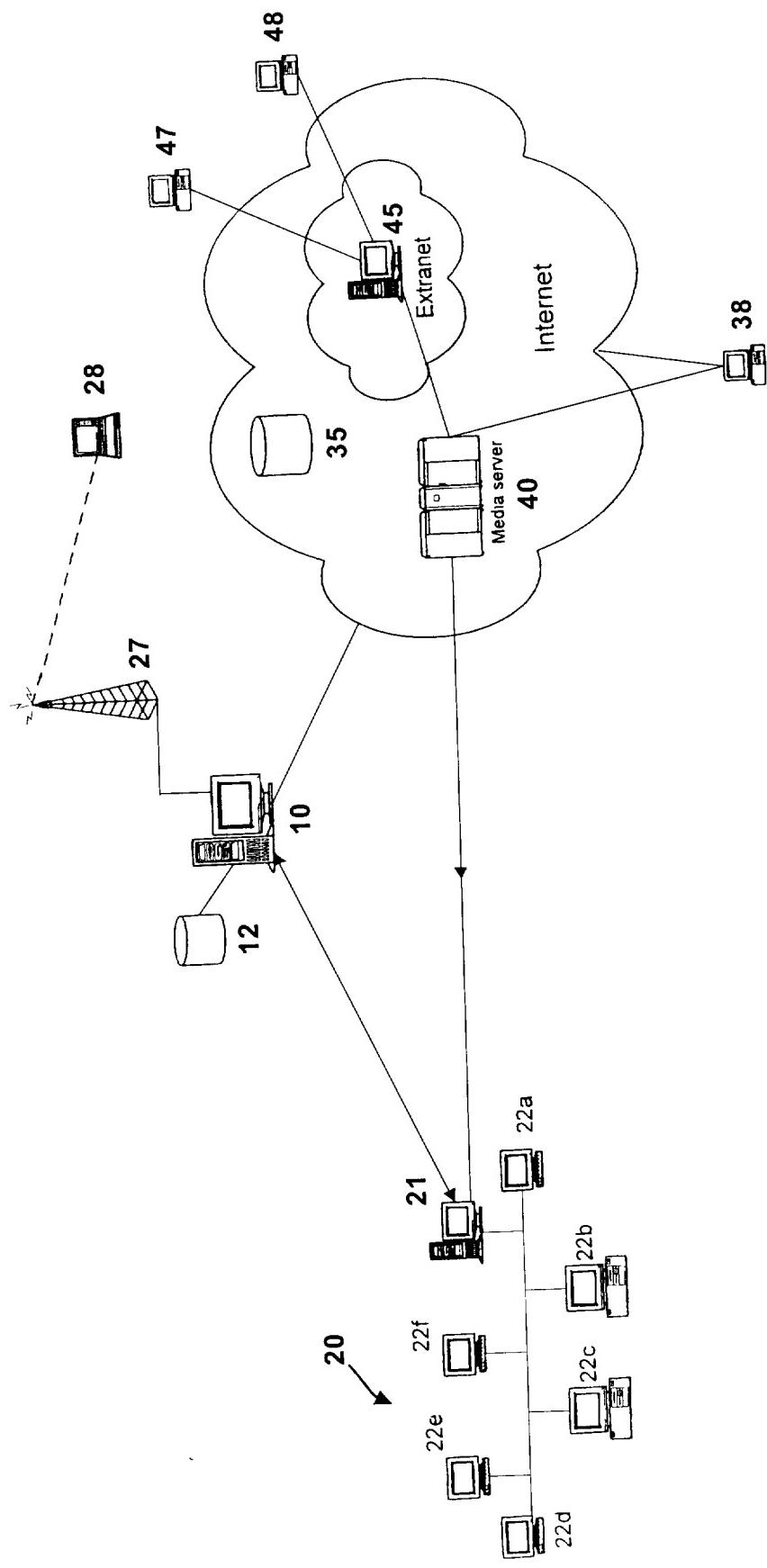
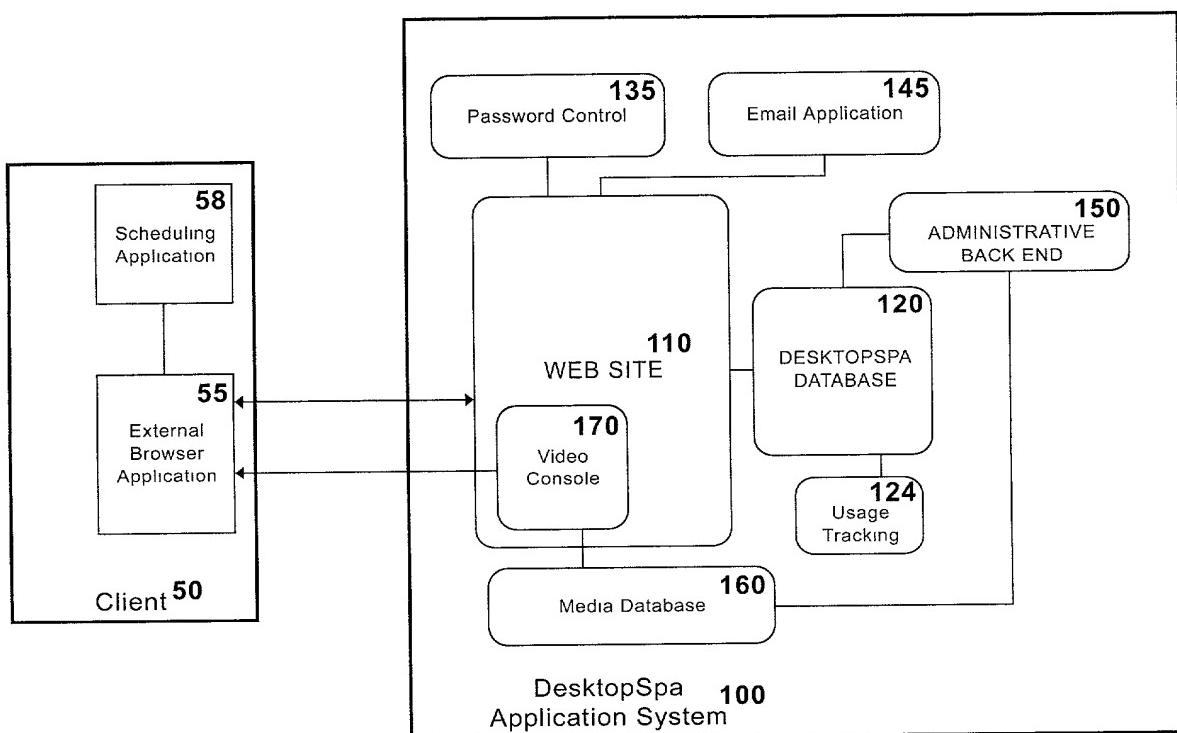


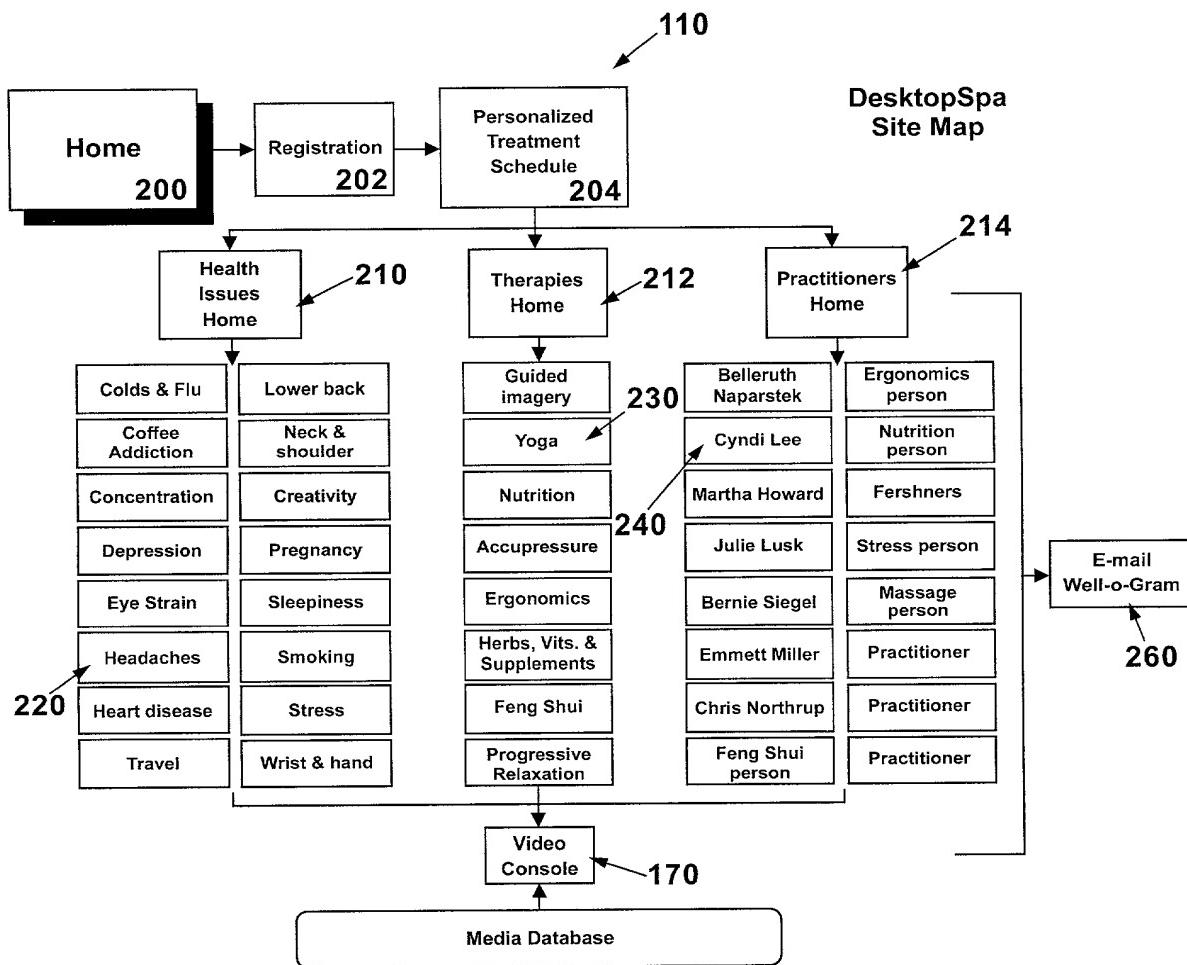
FIG. 1



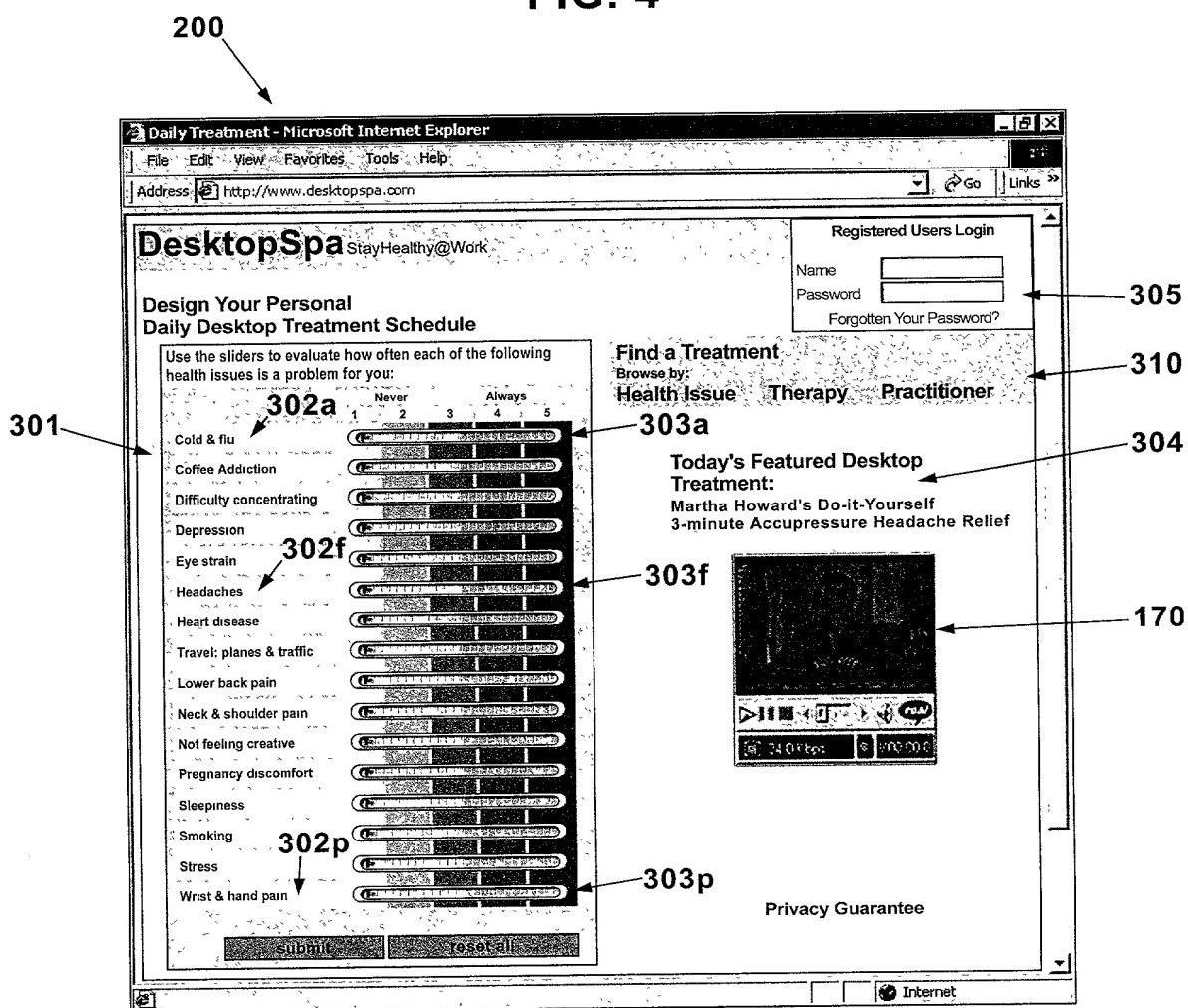
**FIG. 2**



**FIG. 3**



**FIG. 4**



**FIG. 5**

202

**desktopspa**

**Tell us About Yourself**

First Name

Last Name

Email Address

Username

Password

Password again

Corporate Code  Social security #

Sex  Female  
 Male

Age

Favorite Therapy (\*optional)  Accupressure  Meditation  
 QiGong  Yoga

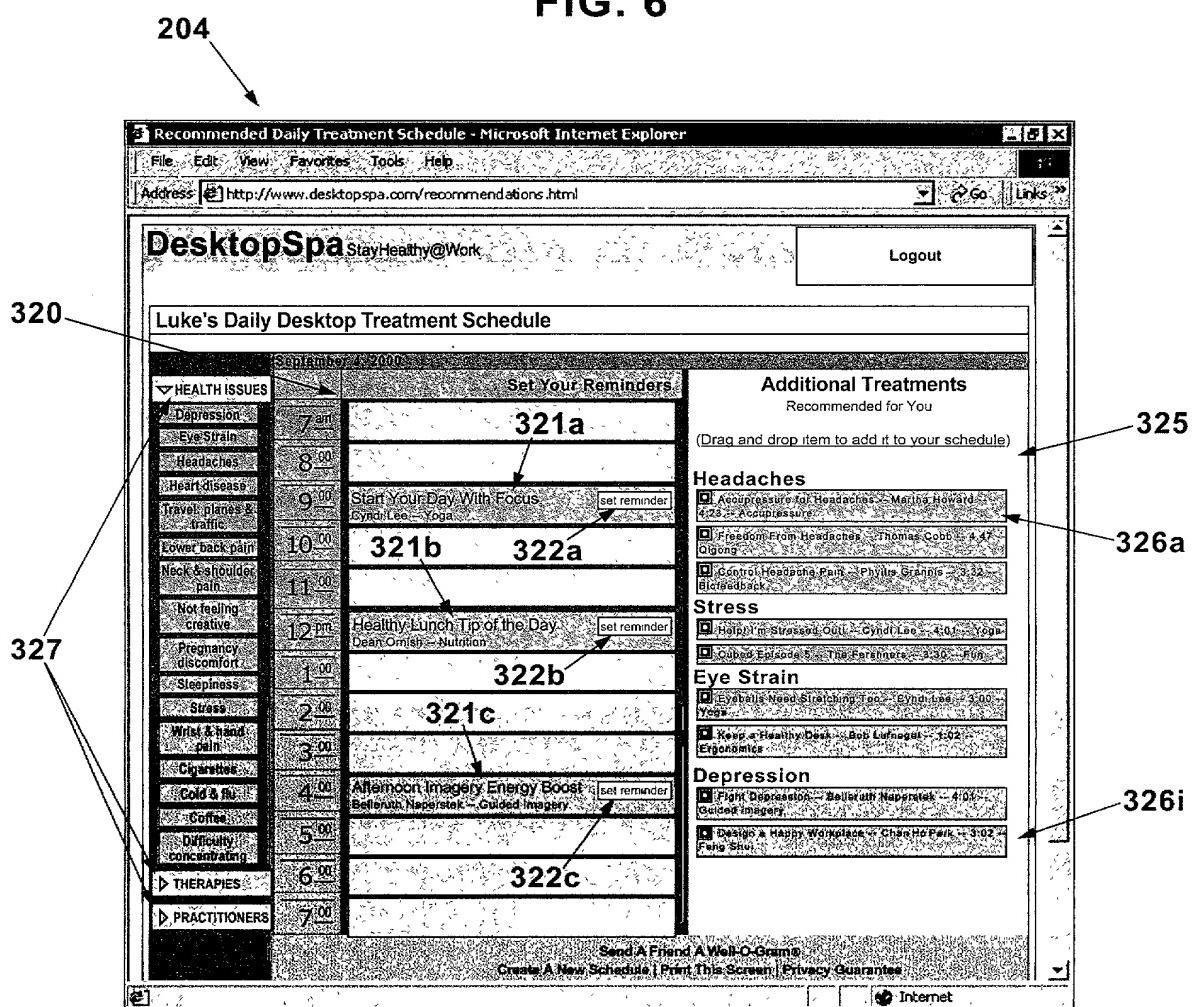
Remember my ID and password so that I don't have to log in each time I visit this site  
(Why wouldn't you do this? If you're worried about other users who might sit at your computer seeing what health treatments and issues are important to you )

My connection speed is  T1 or faster  
 56 k modem

I prefer  RealVideo  
 Windows Media  
 Quicktime

Legal Agreement copy here.  I Agree

**FIG. 6**



0902736937 - 00644800

**September 2000**

|       |  |
|-------|--|
| 7 AM  |  |
| 8 AM  | <b>Start Your Day With Cyndi Lee - Yoga</b>                                    |
| 9 AM  |  |
| 10 AM |  |
| 11 AM |  |
| 12 PM | <b>Healthy Lunch Tip</b><br>Dean Omish - Nutrition                             |
| 1 PM  |  |
| 2 PM  |  |
| 3 PM  |  |
| 4 PM  | <b>Afternoon Imagery Energy Boost</b><br>Belleruth Napierster - Guided Imagery |

**Set Your Reminders**

Please indicate HOW you would like the reminder for this event delivered.

- Daily Email
- Microsoft Outlook Reminders
- Synch My Palm Pilot
- Call My Cell Phone/Pager
- Instant Messenger

**Additional Treatments**  
Recommended for You

(Drag and drop item to add it to your schedule)

**Set Your Reminders - Step 1**

**Submit Query**

**Depression**

**Yoga**

**Keep a Healthy Desk - Bob Lufnagel - 1:02 - Ergonomics**

**Cyndi Lee - 3:00 -**

**Martha Howard -**

**Thomas Cobb - 4:47 -**

**Ville Grannis - 3:52 -**

**dr Lee - 4:01 - Yoga**

**Maria - 3:30 - Fun**

**Cyndi Lee - 3:00 -**

**Keep a Healthy Desk - Bob Lufnagel - 1:02 - Ergonomics**

**Depression**

**Fight Depression - Belleruth Napierster - 4:01 - Guided Imagery**

**FIG. 7a**

**September 2000**

|       |  |
|-------|--|
| 7 AM  |  |
| 8 AM  |  |
| 9 AM  | <b>Start Your Day With Cyndi Lee - Yoga</b>                                    |
| 10 AM |  |
| 11 AM |  |
| 12 PM | <b>Healthy Lunch Tip</b><br>Dean Omish - Nutrition                             |
| 1 PM  |  |
| 2 PM  |  |
| 3 PM  |  |
| 4 PM  | <b>Afternoon Imagery Energy Boost</b><br>Belleruth Napierster - Guided Imagery |

**Set Your Reminders**

Please indicate WHEN you would like the reminder for this event delivered.

7AM

**Additional Treatments**  
Recommended for You

(Drag and drop item to add it to your schedule)

**Set Your Reminders - Step 2**

**Submit Query**

**Depression**

**Yoga**

**Keep a Healthy Desk - Bob Lufnagel - 1:02 - Ergonomics**

**Cyndi Lee - 3:00 -**

**Martha Howard -**

**Thomas Cobb - 4:47 -**

**Ville Grannis - 3:52 -**

**dr Lee - 4:01 - Yoga**

**Maria - 3:30 - Fun**

**Cyndi Lee - 3:00 -**

**Keep a Healthy Desk - Bob Lufnagel - 1:02 - Ergonomics**

**Depression**

**Fight Depression - Belleruth Napierster - 4:01 - Guided Imagery**

**FIG. 7b**

**September 2000**

|       |  |
|-------|--|
| 7 AM  |  |
| 8 AM  |  |
| 9 AM  | <b>Start Your Day With Cyndi Lee - Yoga</b>                                    |
| 10 AM |  |
| 11 AM |  |
| 12 PM | <b>Healthy Lunch Tip</b><br>Dean Omish - Nutrition                             |
| 1 PM  |  |
| 2 PM  |  |
| 3 PM  |  |
| 4 PM  | <b>Afternoon Imagery Energy Boost</b><br>Belleruth Napierster - Guided Imagery |

**Set Your Reminders**

Your have scheduled a reminder for your Microsoft Outlook Reminders at 9am.

**Additional Treatments**  
Recommended for You

(Drag and drop item to add it to your schedule)

**Set Your Reminders - Step 3**

**Close and Return to Your Schedule**

**Yoga**

**Keep a Healthy Desk - Bob Lufnagel - 1:02 - Ergonomics**

**Cyndi Lee - 3:00 -**

**Martha Howard -**

**Thomas Cobb - 4:47 -**

**Ville Grannis - 3:52 -**

**dr Lee - 4:01 - Yoga**

**Maria - 3:30 - Fun**

**Cyndi Lee - 3:00 -**

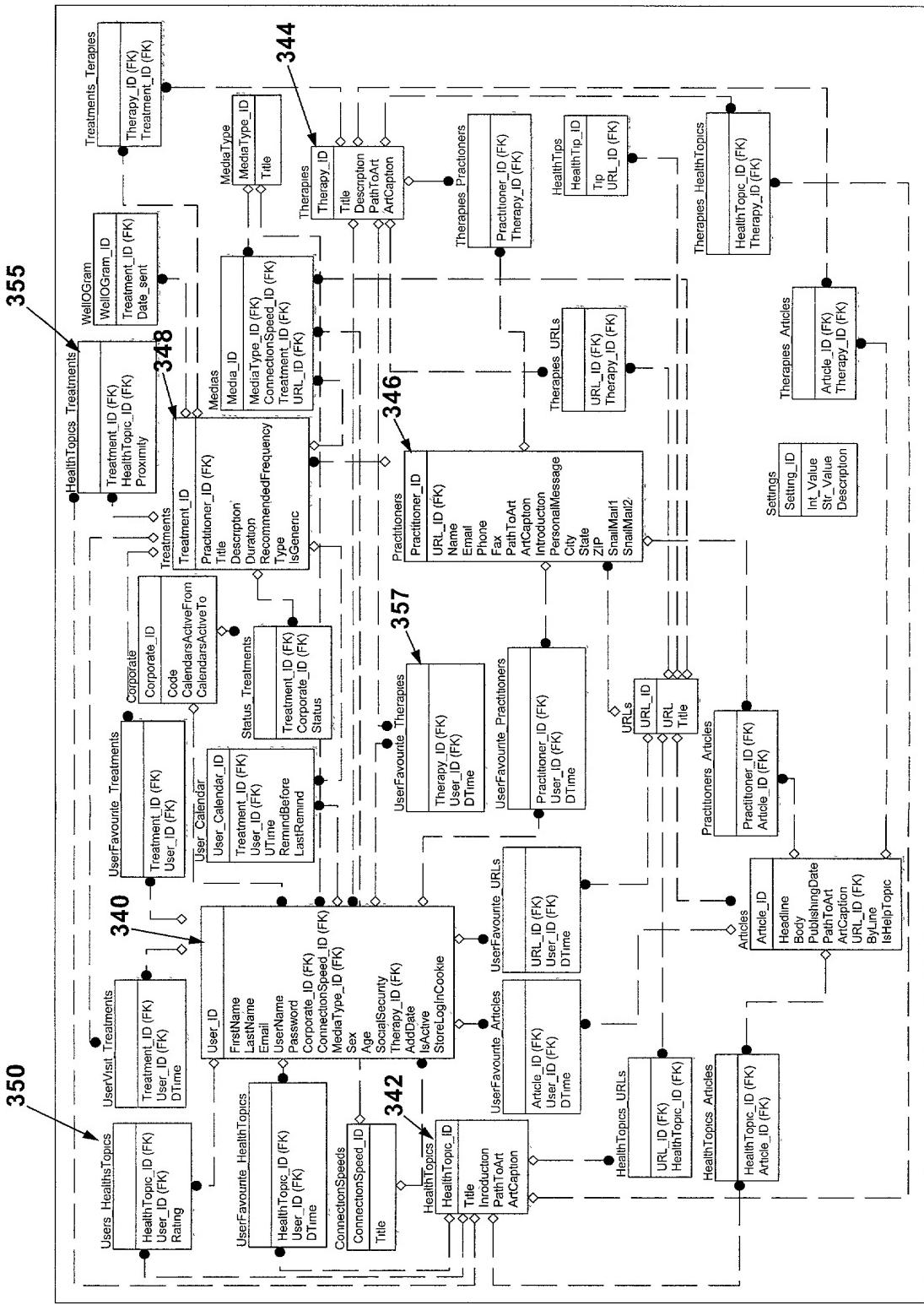
**Keep a Healthy Desk - Bob Lufnagel - 1:02 - Ergonomics**

**Depression**

**Fight Depression - Belleruth Napierster - 4:01 - Guided Imagery**

**FIG. 7c**

8  
FIG.



**FIG. 9**

260

## Well-o-Gram

Lorem ipsum dolor sit amet, consectetuer adipiscing elit, sed diam nonummy nibh. Lorem ipsum dolor sit amet, consectetuer adipiscing elit, sed diam nonummy nibh. Lorem ipsum dolo.

You are sending this treatment: **Treatment Title Here.**

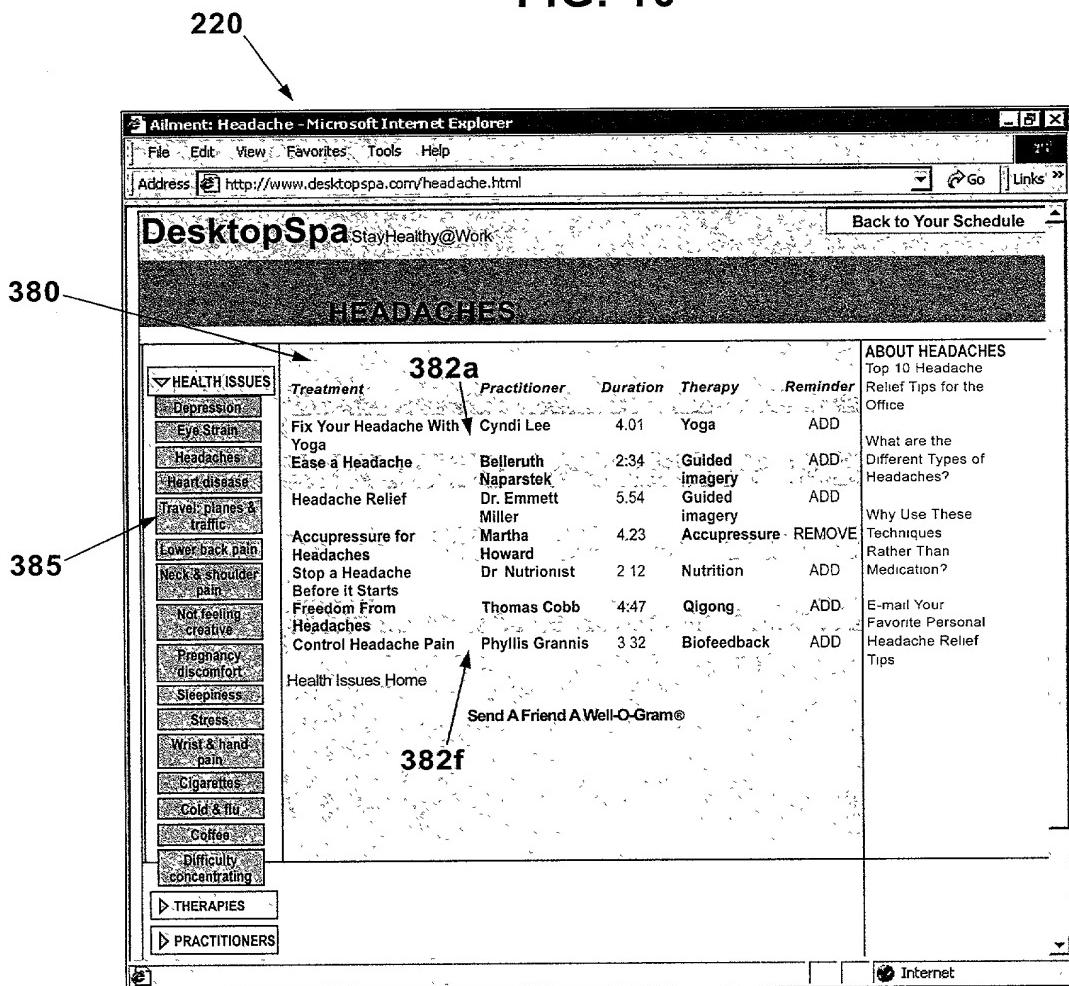
Your friend's name

Your friend's email

Personal message

**Send Well-o-Gram**

FIG. 10



**FIG. 11**

230

**Treatment: Yoga - Microsoft Internet Explorer**

File Edit View Favorites Tools Help

Address http://www.desktopspa.com/yoga.html Go Links

**DesktopSpa StayHealthy@Work**

**YOGA**

**Treatment** **Practitioner** **Duration** **Health Issue** **Reminder**

|                                 |            |      |                          |        |
|---------------------------------|------------|------|--------------------------|--------|
| Help! I'm stressed out!         | Cyndi Lee  | 4:01 | Stress                   | ADD    |
| Cats & Cows @ the Office        | Cyndi Lee  | 3:23 | Lower back pain          | ADD    |
| Cyndi's 2-minute Keyboard Break | Cyndi Lee  | 2:04 | Wrist & hand pain        | REMOVE |
| 4pm. Yoga Energy Boost          | Cyndi Lee  | 3:34 | Sleepiness               | ADD    |
| Yoga for the Frequent Flier     | Cyndi Lee  | 5:43 | Travel                   | ADD    |
| Yoga for Freeway Traffic Jams   | Cyndi Lee  | 3:24 | Travel                   | ADD    |
| Cyndi's Smoke Break             | Cyndi Lee  | 2:34 | Cigarettes               | ADD    |
| Eyeballs Need Stretching Too    | Cyndi Lee  | 3:00 | Eye strain               | REMOVE |
| Breath & Focus                  | Cyndi Lee  | 1:34 | Difficulty concentrating | REMOVE |
| Wrist Rolls.(Aren't Sushi)      | Julie Lusk | 3:32 | Wrists & Hands           | ADD    |
| Yoga on the Go                  | Julie Lusk | 5:01 | Travel                   | ADD    |
| Shoulder Shruggers              | Julie Lusk | 3:21 | Back & neck pain         | ADD    |
| Create a Life Not a Lifestyle   | Julie Lusk | 4:01 | Stress                   | ADD    |

**ABOUT YOGA**  
What is Yoga and How Can it Help You?

Breathing It's More Important Than You Think

Additional Yoga Resources

Meet Our Yoga Practitioners

**HEALTH ISSUES**

- Yoga
- Nutrition
- Ergonomics
- Accupressure
- Feng Shui
- Meditation
- Eye Care
- Herbs, Vitamins, Supplements
- Creativity

**PRACTITIONERS**

Send A Friend A Well-O-Gram®

Internet

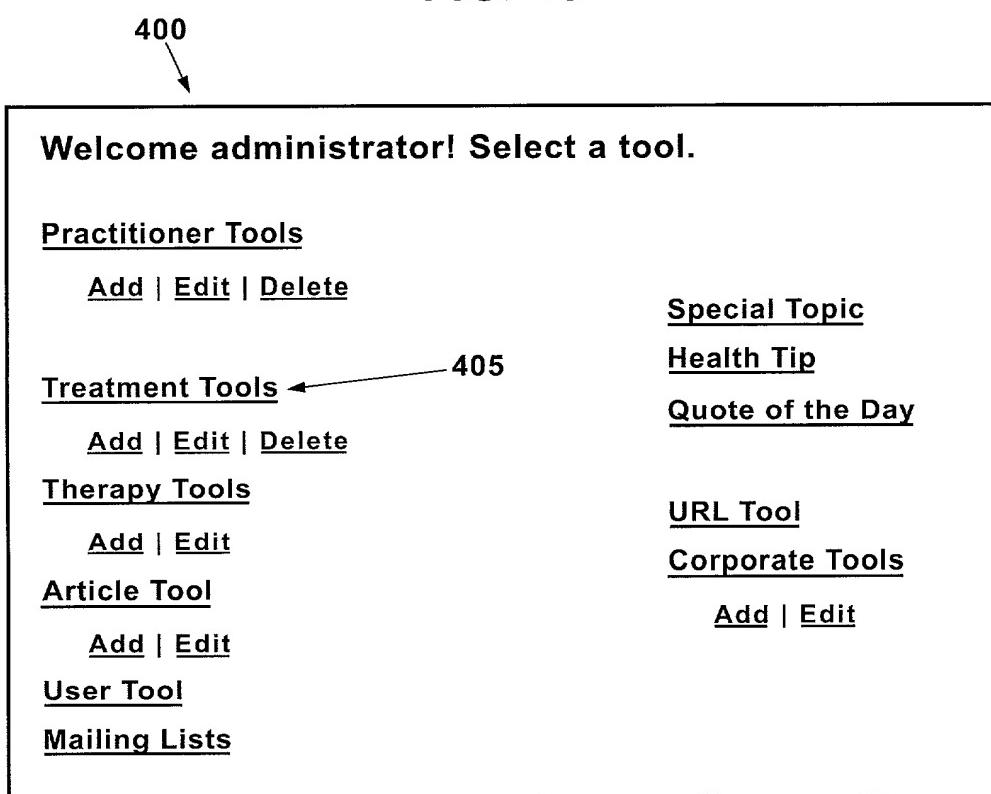
**FIG. 12**

240

The screenshot shows a Microsoft Internet Explorer window displaying a web page from DesktopSpa.com. The page title is "OM Yoga with Cyndi Lee". On the left, there's a sidebar with links for "HEALTH ISSUES" (Help! I'm stressed out!, Cats & Cows @ the Office, Cyndi's 2-minute Keyboard Break), "THERAPIES" (4pm Yoga Energy Boost, Yoga for the Frequent Flier, Yoga for Freeway Traffic Jams, Cyndi's Smoke Break, Eyeballs Need Stretching Too, Breathe & Focus), and "PRACTITIONERS" (Bellefith, Naparstek, Cyndi Lee, Martha Howard, Julie Lust, Berrie Siegel, Emmitt Miller, Chris Northrup, Feng Shui Person, Ergonomics Person, Nutrition Person). The main content area lists treatments with their duration and associated health issues, along with "Reminder" options (ADD or REMOVE). A sidebar on the right provides links to "Who is Cyndi Lee?", "What's OM Yoga?", and "How can Cyndi help me at the office?". At the bottom, there are links for "Practitioners Home" and "Send A Friend A Well-O-Gram®".

| Treatment                       | Duration | Health Issue             | Reminder |
|---------------------------------|----------|--------------------------|----------|
| Help! I'm stressed out!         | 4:01     | Stress                   | ADD      |
| Cats & Cows @ the Office        | 3:23     | Lower back pain          | ADD      |
| Cyndi's 2-minute Keyboard Break | 2:04     | Wrist & hand pain        | REMOVE   |
| 4pm Yoga Energy Boost           | 3:34     | Sleepiness               | ADD      |
| Yoga for the Frequent Flier     | 5:43     | Travel                   | ADD      |
| Yoga for Freeway Traffic Jams   | 3:24     | Travel                   | ADD      |
| Cyndi's Smoke Break             | 2:34     | Cigarettes               | ADD      |
| Eyeballs Need Stretching Too    | 3:00     | Eye strain               | REMOVE   |
| Breathe & Focus                 | 1:34     | Difficulty concentrating | ADD      |

**FIG. 13**



**FIG. 14**

410

411

Add a Treatment

Associate this treatment with these therapies

Practitioner  Add a Practitioner

Title  412

Description  413

Related Health Topics

Never ----- Always

• Headaches      415

• Smoking

• etc...

This treatment is only for this corporation

Duration   417

Recommended Frequency  418

This treatment is a  video clip  audio clip

URL of Media  Browse... 419

Publish Treatment Exit Without Saving Home

Edit an Existing Treatment Delete an Existing Treatment

treatment titles here

**FIG. 15**

420

Add a Treatment

Associate this treatment with these therapies

|                |   |         |
|----------------|---|---------|
| Yoga           | > | Massage |
| Guided Imagery | < |         |

Practitioner  [Add a Practitioner](#)

Title

Description

Related Health Topics

Never ----- Always

•Headaches

•Smoking

•etc...

Priority

Duration

Recommended Frequency

URL of Video  [Browse](#)

[Change Treatment](#) [Exit Without Modifying](#) [Home](#)

[Edit an Existing Treatment](#) [Delete an Existing Treatment](#)

[Delete It](#)

**FIG. 16**

430

User1      Last Login: mm:dd:yy hh:mm [Send this user an email!](#)

First Name   
Last Name   
Email Address   
Username   
Password   
Favorite Treatment   
Date Joined **10/17/00**

[View User1's Schedule](#)

This User is Currently Active

[Make Inactive!](#) 432

434

Health issue 1      
Health issue 2      
Health issue 3      
Health issue 4      
Health issue 5      
Health issue 6

Mailing Lists Subscribed to:  
none

[Exit Without Saving](#) [Delete User](#) [Save changes](#) [Home](#)

**FIG. 17**

440

**Corporate Tool**

Corporate code  442

Users' calendars should be active

From this hour   AM  444

To this hour   AM

No reminders please

Ban the following treatments  Treatment 1  
 Treatment 2 >  Headache-be gone! < 446

Specially promote the following treatments  Treatment 1  
 Treatment 2 >  Sinus rub < 448

Our logo

Edit an Existing Corporation

corp titles here >  corps here >

440 442 444 446 448